

East Columbia 50+ Center

August 2016 Events



6600 Cradlerock Way, Columbia, MD
(410) 313-7680
(410) 313-7688 (fax)

Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 9am-4:30 pm
Fridays, 8:30 am – 4 pm

eastcolumbia50+@howardcountymd.gov

Monday	Tuesday	Wednesday	Thursday	Friday
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge Drop-in 2 Tai Chi P 3 Cool Line Dance 5 Tai Chi Advance 6 Tai Chi Beginner 2 7 Soul Line Dance 1	10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Zumba 1 To Health 2 Yoga 3 Urban Line Dance 6 Civil Law 6 Conflicts 101 2	10 Mahjong 1 Music and Movement Class 2 Bid Whist 3 Strength Training 7 Soul Line Dance 3	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Latin Jam 1 Chess 4	9:15 Draw & Paint 9:30 Advanced Walking 1 Pinochle 1 Bridge 1 Watercolor 5
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge Drop-in 2 Tai Chi P 3 Cool Line Dance 5 Tai Chi Advance 6 Tai Chi Beginner 2 7 Soul Line Dance 8	9 Senior Day at Howard Co. Fair 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Zumba 2 Short Stories/Yoga 3 Urban Line Dance 6 Family Law 9	10 Mahjong 10 LegsWork Presentation 1 Music and Movement Class 2 Bid Whist 3 Strength Training 4:30 Tai Chi Beginner 5:30 Tai Chi w/Fan 7 Soul Line Dance 10	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Latin Jam 1 Chess 11	9:30 Advanced Walking 1 Pinochle 1 Bridge 12
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3 Cool Line Dance 5/6 Tai Chi3/Tai Chi 2 7 Soul Line Dance 7 Caregiver Support 15	10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 6 Family Law 16	10 Mahjong 1 Music and Movement Class 2 Bid Whist 3 Strength Training 4:30 Tai Chi Beginner 5:30 Tai Chi w/Fan 7 Soul Line Dance 17	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Latin Jam 1 Chess 18	9:30 Advanced Walking 10 Chiropractic for your Pets 1 Pinochle 1 Bridge 19
9 LegalAid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge Drop-in 2 Tai Chi P 3 Cool Line Dance 5 Tai Chi Advance 6 Tai Chi Beginner 2 7 Soul Line Dance 22	10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Short Stories 2 Yoga 3 Urban Line Dance 6 World Language Café 23	10 Mahjong 1 Music and Movement Class 2 Bid Whist 3 Strength Training 4:30 Tai Chi Beginner 5:30 Tai Chi w/Fan 7 Soul Line Dance 24	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Latin Jam 1 Chess 25	9:30 Advanced Walking 1 Pinochle 1 Bridge 26
9 LegalAid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge Drop-in 2 Tai Chi P 3 Cool Line Dance 3:30 Nutrition Consults 5 Tai Chi Advance 6 Tai Chi Beginner 2 7 Soul Line Dance 29	10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 1 Clutter Busters 2 Yoga 3 Urban Line Dance 30	10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training 4:30 Tai Chi Beginner 5:30 Tai Chi w/Fan 7 Soul Line Dance 31	<p>East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders</p> 	

To Health

Let's continue to share our successes and encourage each other as we develop healthy habits.

When: Tuesday, August 2

Time: 1pm

Cost: Free

Conflicts 101

Build skills that can turn conflicts into opportunities in this one hour fun and informational workshop.

Mocktails and Hors D'oeuvres will be served. Please call (410) 313-7680 to register.

When: Tuesday, August 2

Time: 6pm – Happy Hour

Cost: Free

Music and Movement: The Class

Just as the title suggests, come sing, play instruments, and enjoy simple choreography to familiar classical music.

When: Wednesdays, August 3, 10, 17, and 24

Time: 1pm – 2pm

Cost: \$23 (4 weeks)

LegsWork Presentation

Do you suffer from leg symptoms such as varicose veins, swollen ankles, leg cramps, or restless legs. Join us for a LegsWork presentation and free lower leg ultrasound screening. Please call (410) 313-7680 to register.

When: Wednesday, August 10

Time: 11am – 12:30pm

Cost: Free

Chiropractic for your Pets

Learn how the chiropractor can help your pet. This seminar is presented by Amber Langmeir, D.C. Explore your options and ask a few questions for yourself. Please call (410) 313-7680 to register.

When: Friday, August 19

Time: 11am

Cost: Free

World Language Café

Columbia Association's (CA's) monthly World Languages Café is a place to speak a language you know or one you are learning, converse in a friendly atmosphere, meet new people who enjoy learning about other cultures increase your fluency by speaking and listening, pick up useful phrases to use when traveling and recall your childhood language.

When: Tuesday, August 23

Time: 7pm

Cost: Free

Clutter Busters

Learn tips on organizing and how to move from busy to balanced. Lot's of fun!

When: Tuesday, August 30

Time: 1pm

Cost: Free

Sign-up and Payment for Classes

Sign-up and payment for classes can be done at the Front Office. Payments may be cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done at the following ActiveNet website: <https://apm.activecommunities.com/howardcounty>.

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call, **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1.

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